



THEME

Positional Possession 4 + 3 v 4

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players passing, decision making , movement and transition play

ORGANISATION

- Area: 30 x25 metres
- 4 Blues + 3 Yellows v 4 Reds
- When in possession Blues play in the shape as per diagram, if the Reds win possession they play in this shape also.
- Yellows always play with team in possession, 2 yellows play at the ends of the grid and one plays "Xavi" role in the center of the grid.
- When not in Possession Reds/Blues can leave their position and press to win the ball back

KEY FACTORS

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Awareness of space and defender
- Transition to Defend – can we win ball back as quickly as possible